

# Living



## RESIDENTS' CHOICE AWARDS



Dallas County residents share their favorites

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NEIGHBORS

Shrimp spaghetti  
RECIPE

Majeres finds meaning in volunteering  
NEIGHBOR SPOTLIGHT

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WELCOME

# VOTING made easy

Voting for elected officials, bond issues or related items can be a lot of work. Voters should research the candidates or issues in advance and make selections that match their views. They often need to take time off from work or home activities to be available in person to cast their ballots. And, sometimes, they need to stand in line for lengthy periods of time to even get inside the polling places.



Nobody said voting was easy — unless you are voting in the Residents' Choice polls in our Living magazines. We keep it simple, and you can vote in the comfort of your own home on your personal computer, tablet or phone. Easy peasy.

A few decades ago, when we were first conducting reader polls in CITYVIEW magazine, all the votes were submitted on the paper ballots we published. Choices were written in by hand, and the votes were counted by hand, too. It was a tedious process, and, as a result, very few votes were cast compared to today.

Now, we subscribe to an online polling service so readers can cast their votes digitally. Voters still have to fill in the blanks, as we don't load the ballot with predetermined choices like some other polls do. It certainly would be easier to count the results if we loaded your options, but we think it is important to keep the choices for our readers' favorite people, businesses, places and events wide open. And, since our Living magazines are mailed to every household in the communities we serve, everyone is eligible to vote. You don't have to register. You don't have to be a certain age. You don't even have to vote in more than one category if you so choose.

There have always been, and always will be, cheaters in this world, including in this poll. Cheating doesn't work, though, as we easily identify those and throw them out. What does work is being a great person, being involved in a great organization or running a great business — and that is what the winners in this year's readers' poll are.

I thank all of you who took the time to vote in this year's Residents' Choice poll. And, if you didn't vote, well, there is always next year.

Thanks for reading. ■

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Hayden Avery, Justin Henriksen, Dani Howard, Dennis Olson (with Molly the dog), Sam Long and Rob Seifert of Olson's Body and Paint.

# RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites



Each year, through our Residents' Choice poll, we ask those living in Dallas County to share their views about the area's businesses, places, events and more. After all, they are the ones who know. The businesses with excellent services and products, as well as the ones that go the extra step for customers, develop a loyal following who vote them as their "favorites" in our poll.

The Residents' Choice Poll recognizes these "favorites," giving them a well-deserved pat on the back. And, for those wanting to make it onto next year's list of winners, they have a year to make their

best impressions on their customers.

But we don't stop with just the businesses in Dallas County. Residents have also recognized their favorite parks, events, schools, churches and more. When it comes to the amenities that add to the quality of life, Dallas County has much to appreciate and recognize.

With sometimes only a few votes making the difference between "favorite" and "runner up," we consider all to be "winners."

If you didn't vote this year, be sure to watch for the next poll to help recognize your favorites.

# FEATURE

## Dallas County Residents' Choice for Favorite...

(Runners up in alphabetical order; \*indicates repeat winner.)

### Restaurant

\* **Fiesta Mexican Restaurant**

**Runners up:** Ambro's Roadhouse; Patrick's Restaurant

### Restaurant for breakfast

\* **Patrick's Restaurant**

**Runners up:** Early Bird; Ambro's Roadhouse

### Restaurant for lunch

**Ambro's Roadhouse**

**Runners up:** 9th Street Tap and Smash; Patrick's Restaurant

### Restaurant for dinner

\* **Fiesta Mexican Restaurant**

**Runners up:** Ambro's Roadhouse; Great White Buffalo Public House

### Restaurant for dessert

\* **Billy's Ice Cream Store**

**Runners up:** Home Sweet Cone Ice Cream; Patrick's Restaurant

### Place for ice cream

\* **Billy's Ice Cream Store**

**Runners up:** Home Sweet Cone Ice Cream; Waukee Ice Cream Shoppe

### Pizza establishment

**Patrick's Restaurant**

**Runners up:** 7 Stone Pizzeria; Casey's

### Bar

**Ambro's Roadhouse**

**Runners up:** Corner Tap; Great White Buffalo Public House

### Coffee shop

\* **The Morning Grind**

**Runners up:** The Coffeesmith; Scooter's Coffee

### Catering company

\* **Hy-Vee Catering**

**Runners up:** Kue'd Smokehouse; Snappy's Stick Fire Barbecue

### Server/bartender

**Miranda Broeker, Ambro's Roadhouse**

**Runners up:** MacKenzie Henning, Corner Tap; Phoebe Stewart, 9th Street Smash and Tap

### Auto service

\* **Alley Auto Sales**

**Runners up:** Adel Tire & Service; Willard Garage

### Auto body shop

**Olson's Body & Paint**

**Runners up:** Graham Collision; Modern Motors

### Car dealership

**Stivers Ford Lincoln**

**Runners up:** Deery Brothers Chrysler Dodge Jeep Ram Waukee; Shottenkirk Chevrolet

### Preschool/daycare

**Faith's Flock Preschool**

**Runners up:** Kids Korner; Raccoon River Preschool

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# FEATURE

## Nonprofit

### \* WayPoint Resources

**Runners up:** Adel Good Samaritan Food Pantry; AHeinz57 Pet Rescue and Transport

## School

### ADM High School

**Runners up:** Adel Elementary; Meadow View Elementary

## Park

### Evans Park

**Runners up:** Centennial Park; Triumph Park

## Community festival

### \* Adel Sweet Corn Festival

**Runners up:** Dallas County Fair; Waukee Arts Festival

## Church

### \* Lutheran Church of Hope

**Runners up:** New Hope Church; St. John's Catholic Church

## Pastor

### \* Mike Housholder

**Runners up:** Eric Trout; Ryan Whitson

## Chamber of commerce

### \* Waukee Area Chamber of Commerce

**Runners up:** Adel Partners Chamber of Commerce; Perry Chamber of Commerce



Volunteers are the backbone of WayPoint Resources.

## Library

### \* Adel Public Library

**Runners up:** Perry Public Library; Waukee Public Library

## Camping spot

### Timberline Campground

**Runners up:** Dallas County Fair Campgrounds; Island Park Campground

## Grocery store

### \* Fareway Meat & Grocery

**Runners up:** Aldi; Hy-Vee

## Boutique

### \* Azalea Lane Boutique

**Runners up:** Real Deals; Valtera Boutique

## Retail store

### Real Deals

**Runners up:** Adel HealthMart; Azalea Lane Boutique

## Thrift and antique store

### \* Goodwill of Central Iowa

**Runners up:** Many Hands Thrift Market; Uptown Vintage Market

## Home improvement retail store

### Adel Hardware and Handyman

**Runners up:** Archer Home Center; Waukee Hardware & Rent-It Center

## Liquor store

### \* World Liquor & Tobacco + Vapors

**Runners up:** Hy-Vee Wine & Spirits; Wall to Wall Wine and Spirits

## Nursery or garden center

### \* Harvey's Greenhouse

**Runners up:** Bentley Ridge Tree Farm & Nursery; Earl May Garden Center

## Place to purchase a gift for a man

### Adel Hardware and Handyman

**Runners up:** Adel HealthMart; Old Station Craft Meats

## Place to purchase a gift for a woman

### \* Azalea Lane Boutique

**Runners up:** Adel HealthMart; Real Deals

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# FEATURE

## Bakery

### 9th Street Bakery

**Runners up:** 5 Borough Bakery; Black Water Bakery

## Florist

### \* Adel Flowers & Gifts

**Runners up:** Hazel Mae Floral Events; Hy-Vee

## Dad/child date spot

### \* Adel Family Fun Center

**Runners up:** The Palms Theatre & IMAX; Warrior Lanes

## Mom/child date spot

### \* Adel Family Fun Center

**Runners up:** Playgrounds Cafe; The Palms Theatre & IMAX

## Place to take your mom and dad

### Patrick's Restaurant

**Runners up:** Ambro's Roadhouse; Tin Pig Tavern

## Place to take your kids or grandkids

### Adel Family Fun Center

**Runners up:** The Brenton Arboretum; Evans Park

## Children's birthday party spot

### \* Adel Family Fun Center

**Runners up:** Playgrounds Cafe; Warrior Lanes

## Golf course

### Hillcrest Country Club

**Runners up:** River Valley Golf Course; Sugar Creek Golf Course

## Bowling alley

### Adel Family Fun Center

**Runners up:** Spare Time; Warrior Lanes

## Hair salon

### Studio 10

**Runners up:** Hairs2You; Texture Salon

## Physician's clinic

### \* The Iowa Clinic

**Runners up:** MercyOne; Waukee Family Medicine UnityPoint

## Dental office

### \* Adel Family Dentistry

**Runners up:** Adel Dental Group; Waukee Dental



Viktor Vali and Amy Anderson-Vali, owners of 4ever Young.

## Orthodontics office

### \* Johnson Orthodontics

**Runners up:** Bernhardt and Smith Orthodontics; Central Iowa Orthodontics

## Mental health services

### Adel Mental Health

**Runners up:** Family Legacy Counseling; Lifetime Therapy Services PLLC

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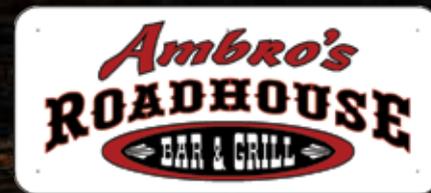
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- FAVORITE BAR
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# FEATURE

## Chiropractic office

\* **Luellen Chiropractic**

**Runners up:** Key Potential Chiropractic; Waukee Wellness & Chiropractic

## Vision care

\* **Elite Eye Care**

**Runners up:** Adel Vision Clinic; EyeQ Eyecare and Eyewear

## Health club or gym

**SOULSHINE yoga + fitness**

**Runners up:** Anytime Fitness; Waukee Family YMCA

## Pharmacy

**Adel HealthMart**

**Runners up:** Hy-Vee Pharmacy; Sumpter Pharmacy

## Cosmetic services

**4Ever Young Med Spa and Wellness Center**

**Runners up:** Chelsis Skin Therapy; The Kissed Peach Integrative Aesthetics & Wellness

## Physical therapy

\* **Core Physical Therapy**

**Runners up:** Athletico Physical Therapy; The Iowa Clinic Physical Therapy

## Dance studio

**Premiere Dance Project**

**Runners up:** Dancin' with Roxie; Let's Dance

## Gymnastics and/or tumbling studio

**Jacobs Gymnastics**

**Runners up:** Adel Tumbling & Dance Club; Chow's Gymnastics & Dance

## Audiologist/hearing clinic

**The Iowa Clinic Audiology**

**Runners up:** Woodward Hearing Center; Merit Hearing

## CBD Store

\* **CBD American Shaman**

**Runners up:** CIV Plus; World Liquor & Tobacco + Vapors

## Financial planner

**Shahna Magee, Farm Bureau Financial Services**

**Runners up:** Bob Grove, Edward Jones; Travis Gaule, Trust Bridge Wealth Advisors

## Law firm

**Bergkamp, Hemphill & McClure, P.C.**

**Runners up:** Hopkins & Huebner, P.C.; Shindler, Anderson, Goplerud & Weese P.C.

## Accounting firm

\* **Banwart Tax & Accounting**

**Runners up:** Insight CPA; Vroman Group

## Veterinarian

**The Animal Hospital of Adel**

**Runners up:** Adel Veterinary Clinic; Broderick Animal Clinic

## Dog groomer

\* **Handsome Hounds Boarding and Grooming**

**Runners up:** Perry Paw Spa; Stylin' Paws

## Pet care

\* **Handsome Hounds Boarding and Grooming**

**Runners up:** Dogtopia; Stylin' Paws

## Lawn care business

**Ripke Outdoor**

**Runners up:** Grassy Knoll Lawn Care, LLC; Legacy Outdoors



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## FEATURE

### Landscaping company

**Ripke Outdoor**

**Runners up:** CD's Lawn Care; Legacy Outdoors

### Heating and cooling business

**\* Adel & Winterset TV & Appliance**

**Runners up:** Dorrian Heating and Cooling; Tigges Comfort Services

### Electrical business

**\* Elite Electric & Utility Contractors**

**Runners up:** Extra Electric LLC; Webster Electric Inc.

### Plumbing company

**Lenhart Plumbing**

**Runners up:** Central Iowa Mechanical; Home Run Plumbing

### Senior living establishment

**Edencrest Adel**

**Runners up:** Attivo Trail - Waukee; Village Cooperative of West Des Moines

### Insurance Agency

**\* Eric Schepers Insurance**

**Runners up:** Shahna Magee, Farm Bureau Financial Services; Vibrant Insurance Group

### Realtor

**\* Julianna Cullen, RE/MAX Precision**

**Runners up:** Donna Stall, RE/MAX Concepts; Ingrid Williams Real Estate Team

### Bank/credit union

**\* Lincoln Savings Bank**

**Runners up:** Raccoon Valley Bank; Veridian Credit Union

### Photographer

**\* DKay Photography - Danielle Hawkins**

**Runners up:** Jujobe Photography; Peridot & Lace

### Place for guests to stay

**Timberline Campground cabins**

**Runners up:** Aloft Waukee; Hotel Pattee

### Home builder/remodeling contractor

**\* RCI Builders**

**Runners up:** Behr Construction; NexGen Baths

### Outdoor lawn equipment store

**\* Waukee Power Equipment**

**Runners up:** Fleet Farm; Moss Bros.

### Pest Control

**\* Paul's AAA Pest Control**

**Runner up:** Aptive Pest Control; Bobcat Wildlife and Pest Control ■

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# DO YOU have a plan?

Nobody wants to think about how their loved ones will cope when they die, but it is important to plan effectively to ensure a smooth transition of your wealth. An estate plan is the legal documents that outline who you want to be in charge of settling your affairs and where you want your assets to pass. It can include a will, powers of attorney, trusts and more.



One of the most important documents is a last will and testament. A will nominates an executor who will be responsible for wrapping up your estate: paying final bills, selling assets, and distributing your wealth to your beneficiaries.

Naming beneficiaries is one of the essential parts of a will. You might want to

leave everything equally to your children. Perhaps one of your siblings is estranged from you. Maybe a child with special needs cannot receive money directly. You may want to make a special bequest to a charity. A will contains instructions for making these final distributions.

Without a will, however, state law decides who receives your assets. That can lead to a long, stressful court process. The law doesn't take personal preference or family dynamics into consideration when the intestate statute is applied. Instead, there are broad categories of people who receive your money.

In one case our firm handled, the decedent's wife predeceased him and they didn't have any children. In fact, he didn't have any immediate relatives at all because both he and his wife were only children. We identified 26 different remote relatives, many of whom were second cousins once- or twice-removed.

Although we may be inadvertently responsible for a huge family reunion, this amateur genealogy could have been avoided by simply drafting a will.

Life events, like getting married, changing careers, or having your children leave home often mean it is time to review your plan. More serious events — the death of a loved one, inheriting a sum of money, or receiving a concerning medical diagnosis — are also good reasons to review and update.

Estate planning is easy to ignore because it involves thinking about death and visiting a lawyer. Procrastinating is easy. Turn to a reputable attorney who practices in estate planning to help you craft the best plan for you. ■

Information provided by Ross Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

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# MEET Kris Powell

## Building family in her classroom

Growing up, Kris Powell's mother was her inspiration for becoming an educator. Powell's mother taught both elementary and middle school classrooms before finishing her career as an administrator.

When Powell decided to get an endorsement in special education, an advisor at Iowa State University encouraged her to gain experience working with people of different abilities. As a result, Powell worked full time serving adults with intellectual disabilities in a residential setting during her last two years of college.

"I got experience working with clients in their home, community and vocational settings. I loved working with the clients and their families. The experience convinced me that special education was the field I wanted to be in," Powell says.

Today, Powell teaches special education for the Waukee Community School District at Brookview Elementary School. Powell likes working with the district because she says she feels supported by her team and administrators. She also enjoys the opportunity to build a family in her classroom each year with paraeducators and students.

"The best part of working in Waukee is the people I get to build relationships with. We have the very best paraprofessionals that support me and our students. I am fortunate to serve amazing students and work with their families," Powell says.

Powell's students are developing social and communication skills. One fun activity her students have participated in during the past few years is the social routine of trick-or-treating. Powell's students work on the give and take of conversation through telling knock-knock jokes. After practicing, several teachers volunteer for the students to go door-to-door to classrooms to simulate what it might be like in the students' neighborhoods.

"The best part of working with elementary-age students is to bear witness to their world expanding with each new skill that is learned and experienced. The pure joy and excitement that they express is priceless," Powell says.

This spring, Powell is most looking forward to reflecting on how much each of her students has grown and the new skills they have developed. Although one of her most difficult challenges as an educator is to find the right communication modality for students to be able to express what they know, Powell says that the rewards of teaching come every single day through positive interactions with both students and staff. ■



Kris Powell teaches special education for the Waukee Community School District at Brookview Elementary School.



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## A NEW purpose

Majeres finds meaning in volunteering.



For Judy Majeres, the opportunity to give back to the community gives deep meaning to her life.

She moved to Waukee in fall 2020 and soon became involved with WayPoint Resources. What began as a way to stay busy during a season of transition quickly became something much more personal — a steady routine and a source of connection.

Majeres volunteers in the organization’s Anytime Room, where individuals and families can pick up food items as needed. WayPoint partners with area grocery stores to receive food close to its expiration date — items that must be distributed within just a few days. Because of this, the room is stocked frequently, giving families access to fresh products they might not otherwise be able to afford. For many visitors,



Travis Gaule of Trust Bridge Wealth Advisors presented the Neighbor Spotlight certificate to the volunteers of WayPoint Resources.

the Anytime Room provides short-term relief during difficult financial stretches.

But, for Majeres, the experience is about far more than stocking shelves.

“I volunteer because I’m alone, and it gives me a reason to get up and get going,” she says. “I thank my daughter for giving me the idea after I lost my hubby. When you see how happy people are just to be able to have food for a day, it makes it all worthwhile.”

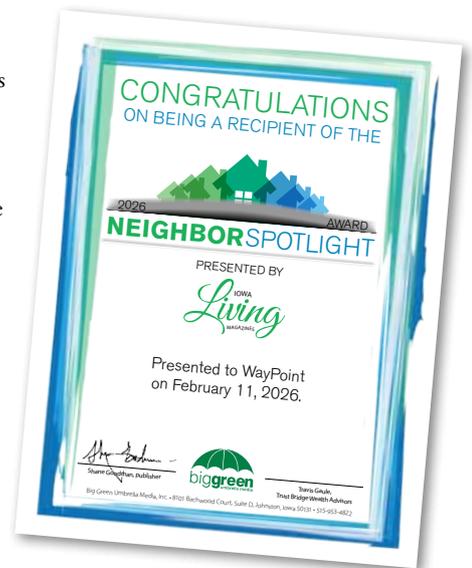
Volunteering has not only given her purpose, but also connection. She has built friendships with fellow volunteers and looks forward to the sense of camaraderie that fills the room during each shift.

Majeres encourages anyone with free time to give volunteering a try. She says it has introduced her to meaningful friendships and moments she will never forget.

“I have made so many new friends while volunteering,” she says. “Some of my favorite memories would have to be with children. I get to hold and snuggle the little ones while the parents shop. I would give them a treat and watch their eyes light up.”

For Majeres, the impact goes both ways — helping others while finding renewed joy in her own life.

Ultimately, it’s the best place ever to volunteer, says Majeres. “I love it.” ■



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## JOIN the fun at the library

At the Waukee Public Library, there is always something new and exciting happening. Whether you're looking to unleash your creativity, support our community, or discover all the wonderful resources available, we've got events and programs for everyone.

Read on to see how you can get involved.

### Waukee Public Library

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Friday, 9 a.m. to 5:30 p.m.; Saturday, 9  
a.m. to 4 p.m.; Sunday, closed

### Join the Helping Hands Food Drive

You are invited to join the Helping Hands Food Drive to help neighbors in need fill their tables and care for their families. Drop donations at the Waukee Public Library, Public Safety (Northwest 20th Street), Community Development, Public Works or City Hall during regular hours from March 1-31. Donations will go to WayPoint Resources for the food pantry that serves area residents. High need items include tomato sauce, sugar, boxed meals, tortillas, canned fruit and vegetables, healthy snack items, laundry soap, diapers and baby wipes. Visit [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org) or [Waukee.org](http://Waukee.org) for more details.

### Let's get growing

Spring is right around the corner — time to start planning your garden. The library has plenty of books to help you design your space, grow fresh food and cook delicious seasonal meals from your harvest. You will also find gardening magazines available in both print and online. Join us on March 17 at 6 p.m. for a seed exchange, where you can share and pick up vegetable, herb and flower seeds.

Plus, the Waukee Library Friends Foundation is hosting a Flower Power Fundraiser, offering seeds and bulbs for spring delivery. Learn more or place an order at: <http://wplff.fpfundraising.com>. Let's dig in and grow together.

### Celebrate Read Across America Month

March is Read Across America Month, a time to celebrate the importance of reading in our daily lives. Whether you're picking up a new book to enjoy at home or exploring something new in the library, this month is the perfect time to get involved in your reading journey. As you celebrate, the library is a great place to discover new stories, find recommendations, and connect with the joy of reading. Pick up a book at the library or download the Libby App to view thousands of great titles. Let's read.

### March on over to your library

Now is the perfect time to explore everything the library has to offer. Whether you're participating in an interesting program, donating to the food drive, or simply enjoying some quiet reading time, the Waukee Public Library is here to serve you and our community. Stay connected through social media or visit our website for the latest updates. See you at the library.

To find out more about the Waukee Public Library, go to [waukeepubliclibrary.org](http://waukeepubliclibrary.org) or contact the library at [askme@waukee.org](mailto:askme@waukee.org) or by phone 515-978-7944. ■

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# City of Waukee Bulletin FEBRUARY 2026

Find more information on City services,  
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[Waukee.org](http://Waukee.org)



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## Register for Parks & Rec Programs starting March 2!

The 2026 Waukee Parks & Recreation Spring/Summer Program Guide is now posted at [Waukee.org](http://Waukee.org)! We have lots of programs, activities, trips and festivals to fill your spring and summer. Highlights include:

- Waukee's popular festivals/events, such as the April 4 Easter Egg Hunt and a two-day Independence Day Celebration July 3-4
- Movies in the Park featuring: "How to Train Your Dragon", "National Treasure" and "The Super Mario Galaxy Movie"
- Youth sports, such as Mini Sluggers T-Ball, Parent/Child Blastball or Youth Soccer Clinic
- Accessible sport opportunities with Miracle League® and Can Play
- Youth camps including All-Star Sports, Art in the Park, Explore the Outdoors, Super Snackers and more
- Youth programs, such as learning to draw and paint, babysitter training and dance classes
- Adult sports, including senior golf clinic, yoga in the park and leagues for coed softball, sand volleyball, pickleball and bags
- Adult programs, including meal prep parties, bingo, Snacks & Facts presentations and exciting day trips

Waukee residents can register for programs beginning Monday, March 2 at 8 a.m. at [Waukee.org/Registration](http://Waukee.org/Registration). Non-residents are welcome to register starting at noon on Thursday, March 5. View the program guide at [Waukee.org/ParksandRec](http://Waukee.org/ParksandRec), which also includes information on our parks, trails, Sugar Creek Municipal Golf Course and facilities you can rent for your event.

## Dates to Know

**Regular City Council Meetings**  
March 2 & 16 at 5:30 p.m.  
Waukee City Hall and Zoom

**Bingo**  
March 6 at 1 p.m.  
\$1 entry and \$0.10 per card  
Waukee Public Library

**Dallas County Conservation**  
March 12 at 10 a.m., ages 3+  
Free; registration required  
[Waukee.LibraryCalendar.com](http://Waukee.LibraryCalendar.com)



### New Appointments to Boards and Commissions

On January 19, Mayor Courtney Clarke appointed or reappointed nine volunteers to serve on City boards and commissions, with terms beginning February 1, 2026. The appointees are Patrick Norton to Board of Adjustment; Phil Jeneary and Aimee Spores to Board of Appeals; Bruce Huckfeldt, Jamie Cornish and Freddy Segura to Park Board; Luke Streit to the Planning & Zoning Commission; and Kenny Thorson and Amy Schrod to the Public Art Advisory Commission. Thanks to all for their service.



### Enter the Easter Coloring Contest

Help spread some Easter cheer in the Downtown Triangle District. Print a coloring sheet and entry form from [Waukee.org/Coloring-Contest](http://Waukee.org/Coloring-Contest) or pick one up at the Parks & Recreation office. The contest is for all ages (adults too) and runs through March 29. Winners will receive an egg'cellent Easter basket filled with goodies! Then join us Saturday, April 4 at 10 a.m. sharp for the Easter Egg Hunt at Centennial Park.



### Do Property Taxes Confuse You?

Did you know that the assessed value of your home and property is just one part of determining how much property tax you pay? Even when home values go up, the dollars a property owner pays in taxes might not. Learn about the different factors that go into calculating property taxes and how the Rollback works at [Waukee.org/PropertyTax101](http://Waukee.org/PropertyTax101). You can also see how the City of Waukee puts tax dollars to work for the services you use and depend on in your daily life.



Find a draft of the City budget and the dates for public hearings on the budget and property tax levy at [Waukee.org/Budget](http://Waukee.org/Budget). We also include helpful tips on how to read the property tax levy notice statements you get in the mail from Dallas County.

### Helping Hands Food Drive

You are invited to join the Helping Hands Food Drive to help neighbors in need fill their tables and care for their families. Drop donations at the Waukee Public Library, Public Safety (NW 20th Street), Community Development, Public Works or City Hall during regular hours from March 1- March 31. Donations will go to WayPoint Resources for the food pantry that serves area residents. High need items include tomato sauce, sugar, boxed meals, tortillas, canned fruit and vegetables, healthy snack items, laundry soap, diapers and baby wipes. Visit [WaukeePublicLibrary.org](http://WaukeePublicLibrary.org) or [Waukee.org](http://Waukee.org) for more details.



### State of the City Address

Join us for the 2026 State of the City lunch on Wednesday, March 11 at Lutheran Church of Hope - Waukee on Dartmoor Drive from noon-1 p.m. Mayor Clarke will be joined by a few department directors to talk about key achievements and challenges from 2025 and the priorities that the City of Waukee will focus on in 2026. It is free to attend, but registration is required for catering purposes. Register at [Waukee.org/StateoftheCity](http://Waukee.org/StateoftheCity) by March 8. The recording will be posted to the City of Waukee YouTube page following the event.



### Are You Ready for Severe Weather?

Severe Weather Awareness Week will be March 23-27 and the Statewide Tornado Drill will be Wednesday, March 25, at 10 a.m. Tornado, derechos, lightning and floods are part of Iowa weather. Make sure your family is ready if severe weather affects power, travel and other activities for daily life. It's a good time to talk about what to be aware of, where to find emergency supplies and how you would evacuate if you needed to. Remember to include your pets in your planning. Find tips and resources on making an emergency plan, building a supply kit and knowing what to be aware of at [Ready.Iowa.gov](http://Ready.Iowa.gov).



### Adult Laser Tag

March 17 at 6:30 p.m.  
Free; registration opens February 20  
[Waukee.LibraryCalendar.com](http://Waukee.LibraryCalendar.com)

### Cookies and CultureALL: Chinese Calligraphy

March 22 at 2 p.m.  
Free; registration opens March 1  
[Waukee.LibraryCalendar.com](http://Waukee.LibraryCalendar.com)

### Prohibition & Iowa's Bootlegging Legacy

March 31 at 6 p.m.  
Free; registration opens March 10  
[Waukee.LibraryCalendar.com](http://Waukee.LibraryCalendar.com)

# AGING at home

Why a broad care network matters.

Ellen, 72, has every intention of staying in her Des Moines-area home for as long as she can. She is active, social and generally healthy. Still, she is realistic. Aging well at home is not just about what you need today; it's about having the right support if change occurs.



For many older adults and families, home-based services begin with a single need: help after a hospital stay, assistance with medications, or support with daily tasks. What often gets overlooked is what comes next. Needs can evolve and health conditions can change. Care can become more complex, sometimes quickly.

That reality raises an important question: When you choose a home health provider, are you choosing a service... or a network?

Home-based care works best when it is connected. A provider that operates within a broad network of services can help ensure continuity, coordination and confidence over

time. Rather than start over each time a new need arises, a network allows care to adjust and expand.

A comprehensive home health network typically includes a range of services that address physical health, personal support and overall well-being. Skilled clinical care, such as nursing or therapy, may be needed for a season. Wellness-focused services can play a role in prevention, safety and long-term planning.

The advantage of a connected network is not just convenience; it's communication. When providers share information, align goals and understand one another's roles, care tends to be more responsive and less fragmented. That can mean fewer gaps, clearer expectations, and better outcomes for the person receiving care.

It also offers peace of mind for families. Adult children and caregivers often are balancing work, family responsibilities and concern for a loved one's well-being. Knowing that services are coordinated (and that additional support is available if needed) can reduce stress.

When evaluating home health options, it

helps to look beyond the immediate need and ask a few key questions:

- Does this provider offer access to multiple types of services, or will I need to find new support if I need it later?
- How are services coordinated if needs change?
- Is there a focus on long-term independence, not just short-term care?
- Does the provider have experience supporting people across different stages of aging?

Aging at home is rarely a straight line; it's a series of adjustments, decisions and transitions. Choosing a home health provider that is part of a broad, well-integrated network can make those transitions smoother and more manageable. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).

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# WHAT'S UP Waukee

Podcast spotlights Waukee.

As the Waukee population grows, keeping track of the latest developments, strip malls, school and local events is a constant task.

Two women hope to bridge that gap and bring the community together through their podcast.

The "What's Up Waukee" podcast was started by Jamie Thompson and Leisa Fox in 2024. The weekly podcast airs new episodes on Thursdays. The podcast (formerly called Waukee Talkee) is recorded at the Waukee Apex/Innovation and Learning Center.

Thompson, a Realtor, started with an Instagram page which featured Waukee area businesses, local Waukee resources and entertainment. When she began raising a family, her page included things to do with her "littles."

Fox has a sales and marketing background and did radio work in both high school and college. With an acting degree, she is comfortable with public speaking. She hosted a podcast and was a guest speaker for various companies, including the Association of Business and Industry and Iowa Manufacturing.

The two women connected, and the podcast debuted in August 2024. They focus on four aspects, including the City of Waukee events and news, Waukee School District, local business and events and connecting non-profits. Waukee students often assist with various aspects of the podcast.

Regular features include representatives from the chamber, Waukee schools and discussions with Heather Behrens, director of marketing and communications for the city of Waukee.

"We're constantly thinking through the eyes of the listeners — what do they want to hear?" Fox says.

Highlighting local business owners and things to do on weekends is a popular segment.

"I like the local and personal interest stories," Thompson says.

Fox adds, "Even if it's a boring topic, their story is super interesting."

Local musicians, including Jason Walsmith of the Nadas and Dickie have performed live music, which is a treat for them.

When guests come in the studio, they don't



Jamie Thompson and Leisa Fox

follow a set script.

"We want the podcast to be authentic, so we don't give questions ahead of time. We talk about what they want their audience to know, and go from there," Fox explains.

Although they don't have specific listener metrics, they say the podcast is successful. They received positive comments at their one-year anniversary party.

To suggest topics or guests on the podcast, visit <https://waukeepodcast.com/>. ■

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## TEEN drivers, UTVs and e-bikes

New risks families should think about

Families today are managing more transportation options than ever before. In addition to teen drivers, many households now own utility terrain vehicles (UTVs), golf carts and electric bikes. While these vehicles offer convenience and recreation, they also introduce insurance exposures that are often misunderstood — or not considered at all — until a loss occurs.



Teen drivers remain one of the largest risk changes for any family. Beyond the obvious increase in auto premiums, parents should pay close attention to liability limits. Accidents involving young drivers can quickly exceed minimum coverage amounts, especially when injuries are involved. What felt like “plenty of coverage” a decade ago may no longer be adequate in today’s legal and medical environment.

UTVs are another common source of confusion. Many owners assume their homeowners policy automatically provides coverage. In reality, coverage depends on how the UTV is used, whether it is driven on or off public roads, and how it is insured. In some cases, on-road use may be excluded unless the UTV is specifically added to an auto policy or insured separately. Injuries to passengers or damage to other vehicles can result in significant liability exposure if the coverage classification is incorrect.

Electric bikes add yet another wrinkle. While e-bikes typically do not require insurance or registration, accidents can still lead to serious injuries or property damage. Homeowners policies may provide some liability protection, but limitations often apply based on speed capability or motor size. Parents are often surprised to learn that a high-speed e-bike accident involving a pedestrian or vehicle may not be fully covered under a standard policy.

A common thread across all these scenarios is liability. As families add new drivers and recreational vehicles, the potential for larger claims increases. This is where a personal umbrella policy often becomes an important consideration. Umbrella coverage provides an extra layer of protection above auto and homeowners limits and is designed to respond when those limits are exhausted.

As transportation options continue to evolve, insurance policies have not always kept pace. Taking time to review coverage when adding a teen driver, purchasing a UTV, or allowing e-bike use can help avoid unexpected gaps. A brief conversation now can go a long way toward protecting both family finances and peace of mind. ■

Information provided by Chase VanWerden, IFG Insurance, 520 Walnut St., Waukee, 515-987-9598. Credit: Auto-Owners Blog



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[ifgtoday.com](http://ifgtoday.com)

# WAUKEE family gives sailor a boatload of memories

Kuesters give Audlehelm print of the USS Providence.

When Petty Officer First Class Gary Audlehelm detached from his ship, the USS Providence, in 1971, he had given three years of service in the Western Pacific aboard the ship that served as Flag Ship for the Admiral of the Seventh Fleet.

The Leon native had worked aboard the guided missile cruiser as an electronics technician. When he transferred to the Great Lakes Naval Training Center in Illinois to be an instructor, Gary thought he might never see his old ship again.

This summer, a chance meeting at the Iowa State Fair brought the sailor and ship together again. At least a print of the ship.

While at the first Monday of the fair, known as Veteran's Day at the Fair, Gary happened to be wearing his old USS Providence ball cap. Another Navy veteran, Dan Kuester, saw the cap and started a conversation with Gary and his wife, Rita. Kuester had access to a framed print of the ship from his time working for the Navy.

The group exchanged phone numbers, and, before long, they decided that the print would be a nice addition to Gary and Rita's home.

"By chance, I had the painting of the USS Providence on my living room wall when I lived in Rhode Island for years," Lena Kuester, Dan's daughter, says. "It was a neat item to have since I lived right outside Providence."

Since Lena moved back to Iowa two years ago, however, the print was stowed away.

"We didn't know what we were going to do with it," Lena adds.

The meeting with Gary and Rita at the fair allowed Lena a chance to give the print to those who would appreciate it.

"It's great to hang this in our home," Gary says. "We can't thank Lena enough for sharing the Providence print."

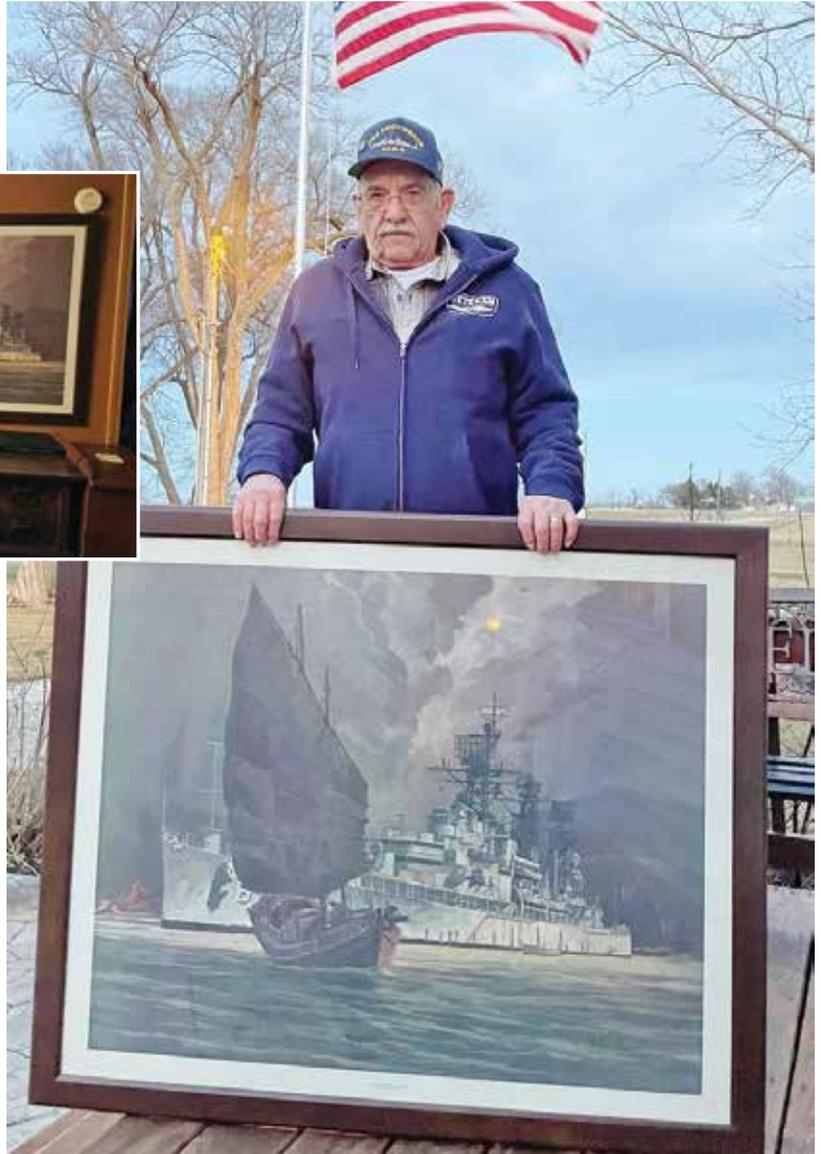
"We found the perfect spot for it," Rita says. "Gary got out his Providence Cruise Book, and he spent the entire evening remembering his time on the Providence."

The entire exchange was all possible due to a ball cap.

"I keep thinking, if Gary had worn another cap, like his Vietnam cap," Rita pauses, "it just makes me believe that this was meant to be." ■



Right: Gary Audlehelm with the print of the USS Providence given to him by the Dan Kuester family. Audlehelm had served on the ship.



## FEBRUARY'S Iowa Living Magazines Poll of the Month

Vote now at [www.facebook.com/iowalivingmagazines](http://www.facebook.com/iowalivingmagazines) or by scanning this QR code

### What do you buy most often for Valentine's Day?

- Chocolates
- Flowers
- Just a card
- Other gifts
- Nothing



## SENIOR

By Jay Heaton

### CARING for your heart at every age

February is Heart Health Month and an important reminder for older adults to pay attention to heart health. As we age, the risk of heart disease can increase, making regular care and healthy habits especially important.

**Routine check-ups** help monitor key indicators such as blood pressure, cholesterol and blood sugar. These visits allow providers to spot changes early and prevent more serious heart conditions.

**Nutrition** also plays a key role in heart health. Eating a balanced diet that includes fruits, vegetables, whole grains, lean proteins and healthy fats can help maintain healthy cholesterol levels and blood pressure. Limiting sodium, added sugars and processed foods can further reduce strain on the heart. Staying hydrated is equally important.

**Physical activity** is key to help strengthen the heart and improve circulation. Gentle exercises such as walking, stretching, water aerobics or chair yoga can improve circulation, strengthen the heart and boost energy levels. Always choose activities that feel comfortable and enjoyable. If needed, consult your healthcare provider before starting something new.

Finally, **social connection** and **stress management** matter more than many realize. Staying engaged with friends, participating in community activities and practicing relaxation techniques can positively impact both emotional and heart health. ■

Information provided by Jay Heaton, leasing counselor, Attivo Trail Waukee, 835 N.E. Boston Parkway, Waukee, [www.attivotrail.com](http://www.attivotrail.com).



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## WELLNESS

By Ashley Powell

### CBD and THC: Where you buy matters

As the hemp industry continues to grow, so does the number of places offering products. For consumers, that expansion brings opportunity but also confusion. Not all stores operate with the same standards, education or commitment to customer experience.

For many people, walking into a hemp or CBD store for the first time can feel overwhelming. Product types, cannabinoid blends, dosing and intended effects can vary widely. That is why knowledgeable guidance has become one of the most valuable parts of the shopping experience.

Stores that invest in education, staff training and customer support tend to stand out in their communities. Certified hemp consultants and experienced team members can help customers understand differences in THC and CBD levels, minor cannabinoids, and product formats. This kind of one-on-one guidance allows people to make informed decisions rather than guessing.

Community recognition often reflects that level of trust. When customers consistently support the same businesses year after year, it signals more than product availability. It reflects service, transparency and a willingness to meet people where they are in their wellness journey.

As hemp continues to evolve, consumers are becoming more selective about where they shop. Access matters, but so do education, comfort and confidence in what you are purchasing.

In a growing industry, trust is not built overnight. It is earned through consistency, service and the relationships built within the community. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036.



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## PLAN AHEAD

By Sarah Masteller

### WHY would I prepay funeral expenses?

Preplanning one's final arrangements is something everyone should do. While it is not necessarily an easy topic to address, having arrangements in place can provide a great deal of peace of mind, both for the person making the arrangements and for those loved ones who will be left behind.



No one comes through the doors of the funeral home on the day that their loved one has died and regrets that the plans have already been made. In fact, it is quite the opposite. Families experience great relief knowing that plans are in place, decisions have been made and, perhaps, the expenses have already been handled.

While prepaying funeral expenses is never a requirement for someone to place their arrangements on file with a funeral home, it is an option available and one that you should know about. There are many benefits to prepaying funeral expenses. Most importantly, it allows a person the opportunity to purchase funeral arrangements at current prices, with the guarantee that those services and merchandise selections will be provided, at no additional expense to the family, at the time the funeral home's services are needed.

Keep in mind, funeral arrangements will never be less expensive than they are today. Whatever your funeral home of choice is, make sure you understand your options, and then make the decision that is right for you. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.

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## WELLNESS

By Kyla Bowen

### WHAT IS Sculptra?

Sculptra is an injectable dermal filler made from poly-L-lactic acid (PLLA), a biocompatible substance that stimulates the body's natural collagen production. Unlike traditional fillers that provide immediate volume, Sculptra works gradually to restore facial volume and improve skin texture over time. This gradual process results in subtle, natural-looking enhancements that develop over several weeks and can last for up to two years.



**Why Sculptra?** 1. Long-lasting results – The effects of Sculptra often last up to two years, reducing the need for frequent touch-ups. 2. Natural appearance – Sculptra promotes gradual changes in the skin, allowing for organic enhancement without an “overdone” look. 3. Versatility – Sculptra can be used in multiple areas of the face, including the cheeks, temples and jawline, as well as non-facial areas such as the neck, hands and buttocks. 4. Minimal downtime – As a non-surgical treatment, patients typically experience minimal downtime and can return to regular activities shortly after treatment. 5. Collagen stimulation – Sculptra improves overall skin health, elasticity, and structure over time.

**Treatment process:** 1. Consultation – A thorough consultation is necessary to assess individual needs and determine the number of vials required for optimal results. 2. Injection – Most first-time patients require multiple sessions, spaced a few weeks apart, to achieve the best outcome. 3. Aftercare – Post-treatment care includes massaging the treated areas for five minutes, five times a day, for five days to ensure even distribution. ■

Information provided by Kyla Bowen, RN Injector, 4 Ever Young, 1180 S.E. University Ave., Waukee, 515-304-2324, www.4everyoungantiaging.com.

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## INVESTMENT

By Daniel Rundahl

# A FEBRUARY message to our loved ones

February is often associated with love — cards, flowers and gestures meant to remind the people in our lives that they matter. For many of us, love is expressed more in preparation. As a financial advisor, I see every day that one of the ways we care for others is by planning well on their behalf.



As January transitions into February, most households are focused on financial housekeeping. W-2s and 1099s begin to arrive, tax documents are organized and attention turns to what the past year looked like on paper. While this process is necessary, February also presents a valuable opportunity to look forward. It's a time to evaluate how our financial decisions reflect what — and who — we love.

One area to review is giving. Many churches and charitable organizations send annual contribution summaries early in the year. Changes to tax law have reduced the number of people who benefit from charitable deductions, but generosity was never meant to be transactional. February is a good time to reassess the causes you support and consider whether there are new organizations you would like to include in your giving plan.

Next is saving, which often feels overwhelming because it touches so many parts of life. Short-term goals might include upcoming travel, celebrations or home projects. Long-term goals could involve retirement, education funding or future care for loved ones. The key is clarity. When you understand what you are saving for — and when you'll need it — you can build a plan that balances today's needs with tomorrow's priorities. February is an ideal time to review current savings habits and make adjustments before the year gets away from you.

Then comes planning, where structure turns intention into progress. Think through your goals by answering a few simple questions: Who is this for? What does success look like? When does it need to happen? Where does it take place? And, most importantly, why does it matter now? That "why" is the emotional driver. It is what keeps a plan moving when discipline is required or tradeoffs need to be made.

Finally, there is the how — and this is where working with a financial advisor can make a meaningful difference. A good advisor doesn't just manage numbers and boast gains when the stock market is up; they help connect financial strategies to real life. They walk alongside you through decisions, help identify risks and adjust plans as life changes. They advise about potential roadblocks and assist with variables that may deter your long-term course.

As Valentine's Day approaches, I encourage you to ask one question: Are you in love with your financial plan? If not, February is a perfect time to revisit it, refine it and ensure it reflects the people and priorities you care about most. ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 8230 Hickman Road, Suite 300, Clive, 515-727-1701, drundahl@rundahlfinancial.com, www.rundahlfinancialconsultants.com.

# EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancelations.

## Note about calendar events:

This magazine is delivered the fourth Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

## Coming up in the Waukee Living magazine:

**Celebrating heritage:** What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

## Health and Information Fair for Seniors

Tuesday, March 10, 3-5 p.m.

Edencrest at Kettlestone 805 S.E. Tallgrass Lane, Waukee

Join us for free health screenings; expert education on wellness, neuropathy, financial planning, Alzheimer's and dementia; and more. As a thank-you for attending, enter our raffle drawing for a chance to win an exciting gift. Enjoy a culinary-inspired cheese and wine pairing, along with a sweet treat during the event. RSVP before March 5 to 515-452-9419 or [christina.jones@edencrestliving.com](mailto:christina.jones@edencrestliving.com).

## Gary's Ride

Saturday, May 16, 10 a.m. to 2 p.m.

Starting at Waukee Raccoon River Valley Trailhead, Waukee

This ride is a fundraiser to increase awareness of glioblastoma, support Richard Deming Cancer Center's terminal brain cancer patients through their Integrative Medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. Help us to "pedal" forward in reaching our funding goal of \$65,00 and be the difference for these loved ones and their families afflicted by terminal brain cancer/glioblastoma. The ride starts at the Waukee Raccoon River Valley Trailhead, Waukee, and ends at Dallas Center downtown Main Street. For registration/information, visit [garysrideiowa.org](http://garysrideiowa.org).

## Waukee Public Library events

950 Warrior Lane, Waukee

Register for events at <https://waukee.librarycalendar.com/events/month>

• **Elementary Maker Packs:** Sunday, March 1, noon to 4 p.m. A fun take-home project available for pickup the first week of each month. Packs come with most of the needed supplies to complete the activity. This month kids will make a mini-box sailboat. For kids in grades K-5. Registration is required. Any packs that are unclaimed by the end of the designated pickup dates will be available for pickup at the library on a first-come, first-served basis while supplies last.

• **Non-Fiction Book Club:** Thursday, March 12, 4:30-5:30 p.m. Each month explore a fascinating true story, followed by an extended learning activity. Kids don't need to read the book in advance. Caregivers aren't required to stay in the room for this program. This month's book is "What's Inside a Caterpillar's Cocoon?" by Rachel Ignatofsky. For kids in grades 3-5. Registration is required.

• **Afternoon Book Club:** Thursday, March 5, 2:30-3:30 p.m. Meet in the Library's Coal Mine Meeting Room at 2:30 p.m. on the first Thursday of each month for a lively discussion. Copies of each month's book may be picked up at the Library's front desk or during the meeting, while supplies last. This month we will discuss "LaRose" by Louise Erdrich. For adults ages 18 and older.

• **Snacks & Facts: Downsizing for Seniors:** Friday, March 6, 11:30 a.m. to 12:30 p.m. No time to attend an evening or weekend program? Try our Snacks & Facts series. We'll have a speaker the first Friday of each month (except December and July). Come ready to learn, and we'll provide the snacks. Stick around afterward for Waukee Parks & Recreation's bingo at 1 p.m. for \$1.10 per play. The idea of "downsizing" and moving is overwhelming for most of us, but especially for those facing a later-in-life move. A former hospice social worker, Tisa Johnson of Senior Transitioning Services, will share with us some thoughts on traveling lighter as well as tips and tricks for dealing with "stuff," whether thinking of moving or just making our homes more "right" for the life we want to live now. Please join us for this "rightsizing" pep talk. For adults ages 18 and older.

• **Adult Laser Tag: After Hours:** Friday, March 13, 6:30-8:30 p.m. Join us for an unforgettable night of friendly competition as we take over the library with a fun game of Laser Tag. Experience the thrill of a high-energy game at this after-hours event arranged by Lazer Alley. This After-Hours event is for adults ages 18 and older. Registration is required. ■

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VETERAN OWNED

# PAIR simplicity and flavor with seafood pasta

(Family Features) Some recipes come from a well-worn family card, and others are born on a busy weeknight when you need dinner to feel special without being complicated. Shrimp spaghetti falls squarely into that second category for me. It's the kind of meal that looks impressive on the plate but comes together quickly — perfect for those evenings when you want something comforting, a little indulgent, and absolutely reliable.



I love shrimp because it cooks fast and pairs beautifully with simple ingredients. Toss it with garlic, olive oil, a hint of heat, and a squeeze of lemon, and suddenly an ordinary box of spaghetti feels elevated. This is the dish I reach for when I want a break from heavy sauces but still crave big flavor. It's light enough for warmer months, yet cozy enough to enjoy year-round.

Simple, satisfying, and full of flavor. This shrimp spaghetti is proof that a good meal doesn't have to be complicated to feel special. Find more quick dinner solutions by visiting [Culinary.net](http://Culinary.net). ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

## Shrimp Spaghetti

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided
- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach
- bread, for serving



- Cook spaghetti noodles according to package instructions. In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
- Add chicken broth, Parmesan cheese, heavy cream, remaining garlic powder, onion powder and spinach to skillet; mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

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# OUT & ABOUT



Traci Frantzen and Kaylee Shelton at the Valentine's Day After-Hours held at 4ever Young Med Spa and Wellness on Feb. 5.



Waukeee Area Chamber of Commerce held a ribbon cutting for UnityPoint Feb. 10.



Holly Anderson and Sherry Johnson Murray at the Valentine's Day After-Hours held at 4ever Young Med Spa and Wellness on Feb. 5.



Sam Hedrick and Olga Scheve at the Valentine's Day After-Hours held at 4ever Young Med Spa and Wellness on Feb. 5.



Sam Hedrick, Jess Passick and Hilleary Lockard at the Valentine's Day After-Hours held at 4ever Young Med Spa and Wellness on Feb. 5.



Waukeee Area Chamber of Commerce held a ribbon cutting for Stack Wellness Cafe, 1202 S.E. University Ave., on Jan. 17.



Jessica Mitchell at the Waukeee Area Chamber of Commerce ribbon cutting for Stack Wellness Cafe.



Erin and Chris Crone at the Waukeee Area Chamber of Commerce ribbon cutting for Stack Wellness Cafe.



Brent Stepanek and Chad Hansen at the Waukeee Area Chamber of Commerce ribbon cutting for Stack Wellness Cafe.



Melissa Stimple and Lance Farrell at the Waukeee Area Chamber of Commerce ribbon cutting for Stack Wellness Cafe.

# OUT & ABOUT



Waukee Area Chamber of Commerce hosted a ribbon cutting for Gershman Mortgage, 185 N.E. Dartmoor Drive, on Feb. 5.



Megan Roettger, Jenny Norton and Lauren Havlik at the Waukee Area Chamber of Commerce ribbon cutting for Gershman Mortgage.



Jacob Wisel and Brendan Hansen at the Waukee Area Chamber of Commerce ribbon cutting for Gershman Mortgage.



Melisha Pals and Sarai Dreher at the Waukee Area Chamber of Commerce ribbon cutting for Gershman Mortgage.



Rob Grove and Terry Snyder at the Waukee Area Chamber of Commerce ribbon cutting for Gershman Mortgage.



The certificates for Residents' Choice for Favorite Dallas County Landscaping Company and Lawn Care Business were presented to Ripke Outdoor



The certificate for Residents' Choice for Favorite Dallas County Outdoor Lawn Equipment Store was presented to Waukee Power Equipment.



Melissa Stimple, Nick O'Hara and Tom Young at the Waukee Area Chamber of Commerce ribbon cutting for Gershman Mortgage.



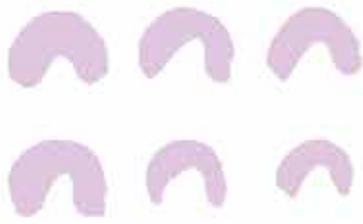
The certificate for Residents' Choice for Favorite Dallas County Grocery Store was presented to Fareway.



The certificate for Residents' Choice for Favorite Dallas County Chamber of Commerce was presented to Waukee Area Chamber of Commerce.



The certificate for Residents' Choice for Favorite Dallas County Cosmetic Services was presented to 4 ever Young Med Spa and Wellness Center.



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